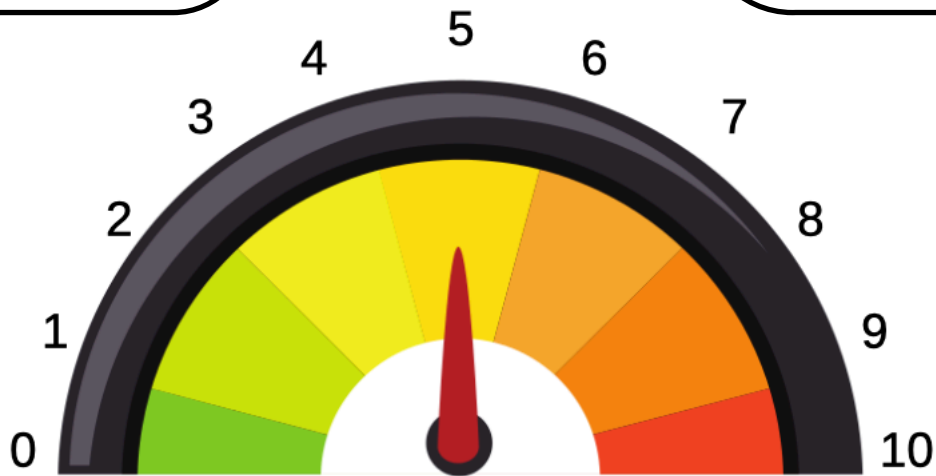
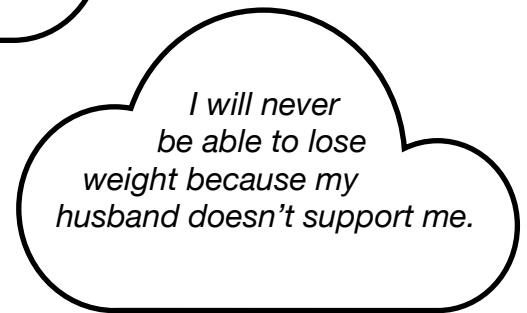
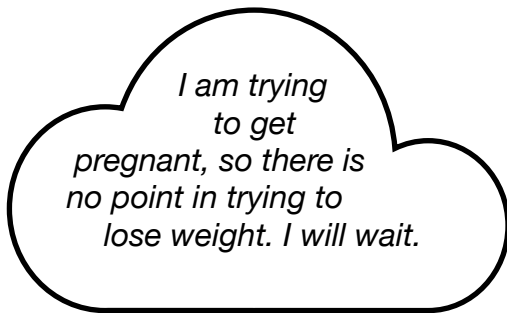
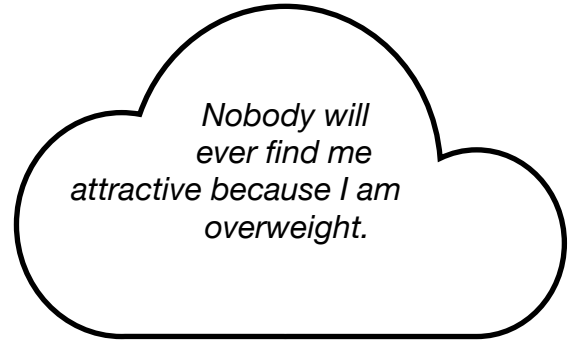
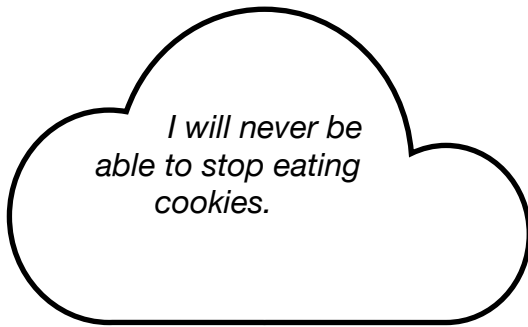


Belief-O-Meter

Just holding a thought doesn't mean that it is true or that we have to believe it. Use the bubbles to write down any thoughts that pop up. Then use the dial to rate how much you believe the thought in each bubble.

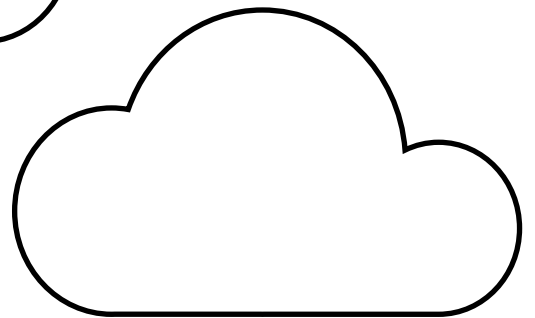
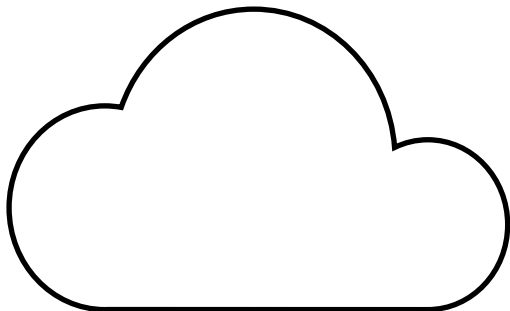
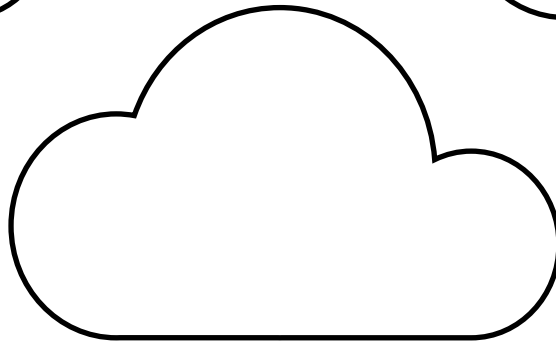
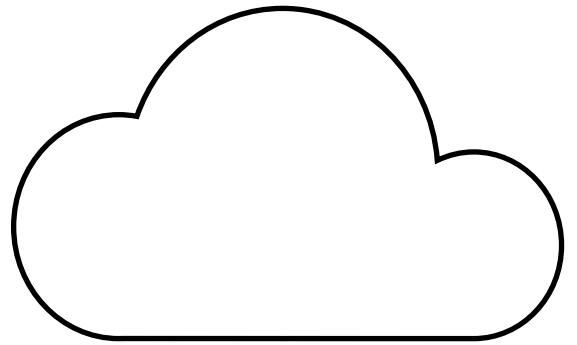
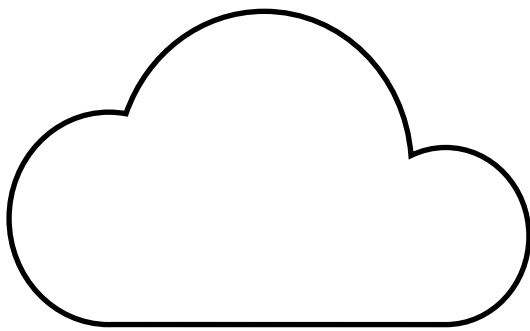


I don't believe this at all.

I believe this completely.

Belief-O-Meter

Just holding a thought doesn't mean that it is true or that we have to believe it. Use the bubbles to right down any thoughts that pops up in your head. Then use the dial to rate how much you believe the thought in each bubble. After, can you think of a new statement that you believe?



I don't believe this at all.

I believe this completely.